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Weekly Bulletin

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GUY P. JONES
EDITOR

Quick Action in Smallpox Control.

A case of smallpox occurred Sunday, October 11, in a student who attends a public school in Richmond. On the following day, within twelve hours of each other, three more cases among students attending the same school were reported to Dr. Charles R. Blake, City Health Officer. That same afternoon, Dr. Blake notified the principal of the school that he would be at the school early the following morning for the purpose of excluding from attendance, for a period of twelve days, every pupil and every teacher who could not give satisfactory evidence of successful vaccination. Upon vaccination, however, such individuals were to be permitted to attend school.

Five hundred and ninety-five individuals who could not give evidence of having been vaccinated successfully were sent home, leaving only three hundred and ninety-two out of a total of nine hundred and eighty-seven regular attendants. The next morning, Wednesday, two hundred and thirty-three, who had meanwhile been vaccinated, returned to school. Thursday morning one hundred and sixty more newly vaccinated pupils returned. Friday morning, eighty more vaccinated pupils returned to school, leaving only one hundred and twenty-two absentees. It was expected that most of these would be vaccinated and return to their desks on the following Monday.

This provides an excellent example of quick, firm action in the enforcement of control measures for checking the spread of a dangerous disease. Furthermore, it may be added, that one hundred per cent of the attendants upon many schools within California are now immunized against smallpox. It is becoming quite fashionable.

Mailing List Under Revision.

In order to receive the WEEKLY BULLETIN of the California State Board of Health it will be necessary for all recipients, who have not already done so, to sign the form mailed with the issue of September 19th and return it without delay to the Sacramento office of the board. There is no desire to send this publication to anyone who does not make use of it and as a matter of policy individuals who receive the BULLETIN are asked, at least biennially, to signify their desire to have their names remain on the mailing list.

By following this procedure, considerable saving of public funds is effected and waste is thereby eliminated. There is no desire to deprive any interested reader of the opportunity to receive the publication and, of course, the names of health officers and public libraries will be retained upon the mailing list unless requests for removal are received. Individuals without official affiliation should signify their desire to have their names kept on the mailing list. **If you do not receive your copy of the Bulletin, it is because you have not returned the form, properly signed, which was mailed to you with the issue of September 19th.**

Not All Bacteria Produce Disease.

There are relatively few bacteria that produce disease in human beings. Most of these organisms are man's best friends. Professor T. D. Beckwith, of the University of California has recently published a statement regarding the activities of bacteria in making possible our very existence. He said:

"It is probable that the bacteria have been effectively active in their relationship to mankind since the earliest periods of the earth's history. Primarily they have aided man; many times they have hindered him.

All of us must agree that the soil is the basis of life. Without it, neither plant nor animal, including man, the highest animal of all, could thrive or even live. Our existence depends upon soil, therefore.

Bacteria have been among the most active agents in formation of soil from the original archaean rocks. It is likely that they have been actively engaged in causing disintegration of rock since the temperature of surface layers cooled sufficiently for their existence. Other agencies also have been operative in this work for we know that changes in temperature and that higher plants can break down rocky material. Bacteria, however, have doubtless been aiding this work of soil formation since the very first life appeared upon the globe.

Furthermore, these microorganisms do much towards maintaining the fertility of the soil after it has been formed. The availability of most of the elements essential for plant growth depends in large part upon the microscopic crop which the farmer cultivates in his fields, which he never sees and which is necessary for his success. This list of fundamental elements includes nitrogen, carbon, calcium phosphorus, magnesium and possibly potassium.

Bacterial forms aid us likewise in preparation of food in other respects. Ripening of meat depends upon them in part. Cheese owes its flavor to them partially. Sauerkraut is more easily digestible than the original cabbage because of the results of their activity. The fermented milks so popular in the Balkans and Western Asia and to the use of which has been ascribed the exceptionally long life of certain of the inhabitants of those regions, are produced through bacterial action.

Certain of our industries dealing with food supplies are directed very largely towards the suppression of bacterial growth. This is true because certain kinds of bacteria produce spoilage in foods. This statement pertains to the concerns dealing with preparation of foods, such as the canning industries, the cold storage corporations, the meat packers, the salt fish plants and the organizations handling milk.

Bacteria concern mankind in other economic respects also. Until very recently the tanning of leather was strictly a bacteriological process; even now it is still in many parts of the world. Thus, our shoes and leather goods are made possible through the activities of our friends, the bacteria. The same may be said with regard to the preparation of linen fiber from flax. The bacteria prepare for the farmer the ensilage in his silo. Even the curing of the smoker's tobacco is partly a bacteriological process. We ask whether a certain water is fit to drink; we really mean, "Is it free of certain deleterious bacteria?" Sewage is purified so that it is rendered innocuous by still other types of bacteria. Finally, the proper digestion of our own food after it is taken into our bodies is helped or hindered as the case may be by the teeming millions of bacteria which find their homes in the human intestine. No more intimate relationship, therefore, to human welfare can be conceived.

Just as there are flies in nearly all brands of ointment, so there are bacteria which cause us grave difficulty. These are the disease germs both for animals and for plants. Over half of human mortality is due to infection and this is nearly all microorganic in nature. The list of bacterial diseases is thus large and is growing. Tuberculosis, diphtheria, pneumonia, "blood poisoning," the venereal diseases, scarlet fever, are instances of more serious bacterial diseases. Boils and tooth cavities are examples of those of less importance ordinarily.

The work of the bacteriologist, therefore, is of full interest because it comes so closely into contact with human life, welfare and finally death. It touches all forms of life directly or indirectly from the period before mankind appeared on this world of ours and indeed before higher animals of any sort existed down to the present moment. Its interest thus is sustained because it is real and effective."

* * *

A decrease of 9 per cent in the infant death rate for the vital statistics registration area of Canada during 1924 is reported by the Dominion Bureau of Statistics. The maternal mortality rate in 1924 was 6 per 1000 live births, the highest rate since 1921.

Issues Regulations in Abridged Form.

Louis Olsen, Health Officer of Palo Alto, has published an abridgment of the regulations for the control of the communicable diseases in the form of a chart. In condensed style, the rules that have proven successful in the control of communicable diseases in Palo Alto are clearly presented. Technical terms have been omitted, only words the meaning of which is understood by the average individual being used. Mr. Olsen intends to place a copy of this chart in the home of every householder who may desire it.

For the convenience of school teachers the chart is published in a size that makes it fit into the back of the teacher's daily register, where it may be readily available for reference purposes. The diseases, control of which is covered in this chart, are chickenpox, diphtheria, German measles, measles, mumps, poliomyelitis, scarlet fever, smallpox and whooping cough. Definitions, short and easily understood, of the terms "immune," "disinfection," "concurrent disinfection," "terminal disinfection," "contact" and "carrier" are included. Through the distribution of this chart in his community Mr. Olsen will, no doubt, enable the residents of Palo Alto to secure definite information of health department practice in communicable disease control, a factor in the maintenance of close coöperation.

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Changes Announced in Health Officers.

The following changes among health officers within the state have been effective for several months, but official notification has not been received until recently:

Dr. Aleck P. Harrison is now Health Officer of Santa Barbara County, succeeding Dr. G. S. Loveren. Dr. Harrison devotes full time to the duties of his office.

Mr. Frank A. Nikirk is Health Officer of San Leandro, succeeding Dr. Luther Michael.

Mr. C. C. Johnson is Health Officer of St. Helena, succeeding Mr. M. P. Guyon.

Mr. C. B. Arditto is Health Officer of Jackson, succeeding Mr. E. Marcucci.

The administration of public health in the cities of Lynwood and Tujunga has been placed under the supervision of the county health officer, Dr. J. L. Pomeroy.

LIST OF DISEASES REPORTABLE BY LAW.

ANTHRAX
BERI-BERI
BOTULISM
CEREBROSPINAL MENINGITIS (Epidemic)
CHICKENPOX
CHOLERA, ASIATIC
DENGUE
DIPHTHERIA
DYSENTERY
ENCEPHALITIS (Epidemic)
ERYSIPELAS
FLUKES
FOOD POISONING
GERMAN MEASLES
GLANDERS
GONOCOCCUS INFECTION*
HOOKWORM
INFLUENZA
JAUNDICE, INFECTIOUS
LEPROSY
MALARIA
MEASLES
MUMPS
OPHTHALMIA NEONATORUM
PARATYPHOID FEVER
PELLAGRA
PLAGUE
PNEUMONIA
POLIOMYELITIS
RABIES
ROCKY MOUNTAIN SPOTTED (or Tick) FEVER
SCARLET FEVER
SMALLPOX
SYPHILIS*
TETANUS
TRACHOMA
TUBERCULOSIS
TYPHOID FEVER
TYPHUS FEVER
WHOOPING COUGH
YELLOW FEVER

QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)
CHOLERA. ASIATIC
DIPHTHERIA
ENCEPHALITIS (Epidemic)
LEPROSY
PLAGUE
POLIOMYELITIS
SCARLET FEVER
SMALLPOX
TYPHOID FEVER
TYPHUS FEVER
YELLOW FEVER

***Reported by office number. Name and address not required.**

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WHAT FOOLS INDEED!

"You know the Model of your Car,
You know just what its powers are.
You treat it with a deal of care
Nor tax it more than it will bear.
But as to self—that's different;
Your mechanism may be bent,
Your carburetor gone to grass,
Your engine just a rusty mass.

Your wheels may wobble and your cogs
Be handled over to the dogs.
And you skip and skid and slide
Without a thought of things inside.
What fools, indeed, we mortals are
To lavish care upon a Car
With ne'er a bit of time to see
About our own machinery!"

—John Kendrick Bangs.

* *

We travel in the direction in which we are looking and all need a vision of the New Health with its recognition of the individual as a biological unit and not as a body with mind added. We have hearts that are eons older than our heads and the adaptations to life made for untold ages has left us, like the iceberg, nine-tenths under the surface of consciousness. —Alma A. Dobbs.

* *

Knowledge is not necessarily of health to give health. The infant is born free of fears and yet the paralyzing, energy wasting, happiness destroying, host of fears we all have gathered because of lack of information that would prevent these! Our worries are for the most part of things that never happen, of things as unreal as the bogey man of our childhood. The first training for this may have been in the unexplained dark of the night. —Alma A. Dobbs.

MORBIDITY.*

Diphtheria.

101 cases of diphtheria have been reported, as follows: San Francisco 12, Los Angeles 12, Oakland 8, Lakeport 6, Orange County 8, Signal Hill 1, Santa Cruz County 1, Visalia 1, San Luis Obispo County 2, Contra Costa County 1, Long Beach 1, Alhambra 1, Monrovia 1, Pomona 1, LaVerne 2, Huntington Park 1, Los Angeles County 2, Berkeley 2, Colusa 1, San Bernardino 1, Davis 1, Gridley 2, Dinuba 1, Fresno County 2, Mendocino County 1, San Joaquin County 2, Manteca 1, Sacramento 2, Fullerton 1, Lake County 3, Fresno 2, San Diego 4, Daly City 1, Imperial County 3, Glenn County 1, Stockton 2, Hawthorne 1, Santa Clara County 1, Compton 1, Kings County 1, Chula Vista 1, Santa Barbara 2.

Measles.

12 cases of measles have been reported, as follows: Los Angeles County 1, Los Angeles 3, Oakland 1, San Jose 1, Sacramento 3, San Francisco 3.

Scarlet Fever.

89 cases of scarlet fever have been reported, as follows: Los Angeles 19, San Francisco 12, Fresno County 6, Stockton 7, Santa Clara County 5, Orange County 6, Oakland 3, Mill Valley 2, San Jose 4, Los Angeles County 1, Oroville 1, Santa Rosa 1, Yuba County 1, South Gate 1, Sacramento 2, Lake County 1, Lakeport 3, Fresno 1, Monterey County 1, Sacramento 1, Turlock 1, San Joaquin County 1, Tracy 1, Long Beach 2, Compton 1, Huntington Park 2, Ontario 1, Escondido 1, Orange 1.

Smallpox.

21 cases of smallpox have been reported, as follows: Los Angeles 8, San Francisco 3, Lake County 1, Sacramento 4, Richmond 4, Oakland 1.

Typhoid Fever.

13 cases of typhoid fever have been reported, as follows: Oakland 1, Imperial County 1, Los Angeles 4, Fresno 2, San Diego 1, Glendale 1, Sacramento County 1, Stockton 1, Kings County 1.

Whooping Cough.

71 cases of whooping cough have been reported, as follows: Los Angeles 17, Berkeley 11, San Diego 12, Chico 7, San Francisco 8, Alameda 1, Stockton 3, Redondo 1, Monrovia 3, Los Angeles County 1, Richmond 1, Santa Clara County 1, Oakland 2, Orange County 3.

Poliomyelitis.

10 cases of poliomyelitis have been reported, as follows: San Francisco 1, Berkeley 1, Los Angeles 1, San Diego 1, Fresno 1, Stockton 2, San Joaquin County 1, Los Angeles County 1, Madera 1.

Epidemic Meningitis.

Los Angeles County reported one case of epidemic meningitis.

Leprosy.

Los Angeles County reported one case of leprosy.

Epidemic Encephalitis.

San Joaquin County reported one case of epidemic encephalitis.

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*From reports received on October 19th and 20th for week ending October 17th.

COMMUNICABLE DISEASE REPORTS.

	1925				1924			
	Week ending			Reports for week ending Oct. 17 received by Oct. 20	Week ending			Reports for week ending Oct. 18 received by Oct. 21
	Sept. 26	Oct. 3	Oct. 10		Sept. 27	Oct. 4	Oct. 11	
Anthrax	0	0	0	0	0	1	0	0
Chickenpox	41	55	94	74	52	59	74	86
Diphtheria	90	84	92	101	159	187	184	173
Dysentery (Bacillary)	2	2	9	1	0	0	3	1
Epidemic Encephalitis	2	0	1	1	2	0	3	1
Epidemic Jaundice	0	0	0	0	0	0	0	0
Epidemic Meningitis	1	1	1	1	2	3	1	3
Gonorrhoea	77	74	99	71	107	118	73	83
Influenza	11	5	14	9	9	18	6	35
Leprosy	0	0	2	1	0	2	0	2
Malaria	4	3	1	3	2	3	1	2
Measles	16	20	16	12	14	19	23	12
Mumps	110	102	101	103	40	32	56	45
Pneumonia (lobar)	24	30	54	30	32	36	32	27
Poliomyelitis	22	12	19	10	7	3	10	12
Scarlet Fever	55	64	83	89	90	86	105	109
Smallpox	20	14	19	21	47	41	57	74
Syphilis	116	86	127	118	120	144	69	153
Tuberculosis	183	155	289	165	172	187	153	60
Typhoid Fever	28	17	8	13	34	52	28	17
Whooping Cough	76	45	100	71	42	51	57	38
Totals	878	769	1129	894	931	1042	935	933

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